

Adults 60+

Recreation and Services Guide

FALL 2023



Celebrate the fall season with
the Senior Center. See page 13

Happy Fall Y'all



ROCKVILLE SENIOR CENTER • 1150 CARNATION DRIVE • ROCKVILLE, MD 20850

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Recreation and Parks Vision Statement

To be THE place to make lifelong memories as you live, work, play and thrive.

Recreation and Parks Mission Statement

To nurture community connections.

Stay Informed

www.rockvillemd.gov/seniorcenter

seniorcenter@rockvillemd.gov

240-314-8800



[Facebook.com/rockvilleseniors](https://www.facebook.com/rockvilleseniors)



[Twitter.com/rockvillerec](https://twitter.com/rockvillerec)



[Instagram.com/rockvillerec](https://www.instagram.com/rockvillerec)

Prices Key:

Prices are listed as

Senior Center Member/Nonmember

Welcome

Rockville Senior Center Building Hours:

Mon.-Fri.: 8:30 a.m.-5 p.m.

Sat.: 9 a.m.-2 p.m.

Fitness Center Hours:

Mon. & Fri.: 7 a.m.-5 p.m.

Tue., Wed. and Thu.: 7 a.m.-7 p.m.

Sat.: 9 a.m.-2 p.m.

Main Line/Registration: 240-314-8800

Directions: 240-314-5019

Bus Transportation/Lunch Reservations:
240-314-8810

Center Membership Fees:

\$40/year: Rockville residents

\$135/year: nonresidents; \$65: spouse

Fitness Center Membership Fees:

\$95/year (must be a Senior Center member)

Mayor

Bridget Donnell Newton

Councilmembers

Monique Ashton

Beryl L. Feinberg

David Myles

Mark Pierzchala

Robert DiSpirito, City Manager

Tim Chesnutt, Director of Recreation and Parks

Chris Henry, Deputy Director of
Recreation and Parks

Andy Lett, Superintendent of Recreation

Steve Mader, Superintendent of Parks and Facilities

Attention!

The pricing for all programs is priced as Senior Center members or nonmembers. Membership must be current on August 8 to receive discounts on classes. Unless another location is listed, all classes are held at the Rockville Senior Center.

Building and Fitness Room Closures

Monday, Sept. 4: Labor Day

Friday, Nov. 10: Veteran's Day

**Thursday and Friday, Nov. 23 and 24:
Thanksgiving**

Registration Dates

Senior Center member (M) registration begins:

Tuesday, Aug. 8. Senior Center members
receive a discount on programs.

Nonmember (NM) registration begins:

Thursday, Aug. 10.

Any Questions?

Email us at seniorcenter@rockvillemd.gov

Individuals with Disabilities

We encourage individuals with disabilities to register and participate in Rockville recreation programs.

To adequately plan for a successful and rewarding experience, contact our office at 240-314-8800.

We ask that you inform us before the activity start date. Ample time is needed to secure auxiliary services and aides. For additional therapeutic program opportunities, contact Montgomery County Department of Recreation at 240-777-6870; TTY 240-777-6974. This publication will be made available on request in alternate formats by contacting the ADA coordinator at 240-314-8108; TTY 240-314-8137.

Arts & Enrichment

60+ English Classes

Classes include reading, speaking, listening and pronunciation for seniors whose first language is not English. Before registering, new students must schedule an assessment of their English skills. Please email program coordinator Amoke Alakoye at aalakoye@rockvillemd.gov to schedule an evaluation. Returning students should register for the class recommended by their teacher. No class on 9/24, 11/2, 11/10, 11/23, 11/24.

Beginning English/ L1

Course	Day, Date	Time	Cost	Location
28888	M,W, 9/11-11/15	10 a.m.-12 p.m.	Free	Sr. Ctr.

Advanced Beginning English / L2

Course	Day, Date	Time	Cost	Location
28889	T,Th, 9/12-11/21	10 a.m.-12 p.m.	Free	Hybrid

Intermediate English/L3

Course	Day, Date	Time	Cost	Location
28890	Tu,Th, 9/12-11/21	10 a.m.-12 p.m.	Free	Hybrid

Advanced English/L4

Course	Day, Date	Time	Cost	Location
28891	M,W, 9/11-11/15	10 a.m.-12 p.m.	Free	Hybrid

60+ English Conversation Classes

Speak more confidently about everyday topics. No books required.

Advanced Conversation

Course	Day, Date	Time	Cost	Location
28892	Tu, 9/12-11/14	1-3 p.m.	\$15/\$19	Hybrid

A Taste of Maryland **NEW!**

Learn about the history of Maryland's most iconic food traditions and businesses, such as Maryland beaten biscuits, hominy, crab cakes, Smith Island Cake, McCormick Spices and Old Bay. Presented by: food historian Joyce White.

Course	Day, Date	Time	Cost	Location
28673	W, 10/18	2-3:30 p.m.	\$6/\$9	Online

Art Appreciation

Joan Hart, director of Museum One, will lead an in depth discussion on the importance of artists. These PowerPoint presentations will enlighten and entertain you.

Georgia O'Keefe and Her Iconic Flowers

Have you ever seen Georgia O'Keefe's art book of 100 flowers — a brilliant display of what is considered her most popular subject? The American artist once wrote that no one sees a flower, really; it is so small. This program will offer an in-depth view of O'Keefe's most iconic flowers, including majestic red poppies, sensuous calla lilies and the towering sunflowers of the Southwest, among others.

Course	Day, Date	Time	Cost	Location
28721	W, 11/15	10:30 a.m.-12 p.m.	\$6/\$9	Sr. Ctr.

Birthday and Anniversary Party

Celebrate with a festive afternoon of lively entertainment. Mark your calendar for this special event, held in partnership with Rockville Seniors, Inc. Entertainment: Vintage Entertainment.

Celebrating September, October and November birthdays and anniversaries! All are invited, whether or not you have a fall birthday or anniversary.

Course	Day, Date	Time	Cost	Location
28550	Tu, 10/10	1:30-3 p.m.	Free/\$7	Sr. Ctr.

Book Club

An in-depth discussion covering a broad spectrum of books. A moderator presents topics for discussion.

Course	Day, Date	Time	Cost	Location
28561	Th, 9/28, 10/26, 12/7	9:30-10:45 a.m.	Free/\$7	Online

Bridge – An Introduction **NEW!** to the Game

This short introductory class is designed for those who have no knowledge of the game of bridge. The session will cover the concepts of trick taking, trump suit and bidding. Instructor: Peter Schiff.

Course	Day, Date	Time	Cost	Location
28598	Tu, 9/12-9/19	1-3 p.m.	\$25/\$30	Sr. Ctr.

Senior Citizens Commission: The commission is appointed by the Mayor and Council and identifies issues that support making Rockville a community where seniors choose to remain and live a healthy, safe and active life.

Bridge – Beginner I **NEW!**

Fun and instructive class for those who would like to learn the game of bridge. Classes start with a lesson and finish with supervised play. Topics include the 2 over 1 bidding system and the play of cards while learning the basics and foundations of the game. Completion of Introduction to Bridge or equivalent required (Course #28598). Instructor: Peter Schiff.

Course	Day, Date	Time	Cost	Location
28662	Tu, 10/3-11/14	1-3 p.m.	\$84/\$98	Sr. Ctr.

Bridge – Intermediate **NEW!**

Conventions to get you out of difficult situations and challenge your opponents. Potential topics: negative doubles, fourth suit forcing, new minor forcing, competitive bidding, detailed scoring and more. A complete understanding of beginner bridge concepts required. Instructor: Peter Schiff.

Course	Day, Date	Time	Cost	Location
28581	F, 9/15-11/3	10 a.m.-12 p.m.	\$96/\$112	Sr. Ctr.

Canine Companions by Cleveland Museum of Art **NEW!**

See how artists from ancient times to the present used a variety of media to represent canines as status symbols, friends, protective spirits and eager assistants at the hunt.

Course	Day, Date	Time	Cost	Location
28549	Th, 11/16	1-2 p.m.	\$6/\$9	Online

Cards by You **NEW!**

Brighten someone's day by sending a handcrafted card created by you! Join us to make two home-made cards (one autumn card and one all-occasion card), led by Senior Center staff. All supplies provided.

Course	Day, Date	Time	Cost	Location
28600	Th, 10/26	2-3 p.m.	\$12/\$15	Sr. Ctr.

Cooking Classes with Chef Alba

Cook with Chef Alba or simply watch, during these live and interactive cooking classes on Zoom. A shopping list and recipes will be emailed ahead of time to participants.

Recipes from Beautiful Portofino

Portofino, a humble fishing village in Liguria, Italy, became a famous international jet-set meeting place for movie stars in the '60s. Portofino cuisine makes the most of ingredients provided by land and sea. We will make risotto with leeks, wine and cheeses, chicken al timo e noce e vino bianco, and pomodori gratinati.

Course	Day, Date	Time	Cost	Location
28719	W, 9/6	3-4:30 p.m.	\$15/\$20	Online

Delightfully Turkish

For those who travel for culinary pursuits, Turkish cuisine is worth exploring. Turkish cooking uses fresh ingredients and basic cooking techniques. We will make Turkish pizza with spiced beef and feta, chickpea and feta salad, and kofta burgers.

Course	Day, Date	Time	Cost	Location
28720	W, 11/15	12:30-2 p.m.	\$15/\$20	Online

Drumming for Wellness with Katy Gaughan **NEW!**

It's Active Aging Week! Studies show that group drumming on a regular basis boosts the immune system, reduces stress and supports endorphin production. Plus, being part of a drum circle is fun. Drums provided.

Course	Day, Date	Time	Cost	Location
28681	Tu, 10/3	2-3 p.m.	\$6/\$9	Sr. Ctr.

Elephants: Animal Architects **NEW!**

Join us live from North America's largest indoor elephant herd room and meet a herd of African bush elephants. Participants will learn the story of how these amazing animals came to live in the middle of the country, and what it takes to keep them healthy, happy and engaged. Discover what makes these gigantic animals unique and why it is important that we work to protect them.

Course	Day, Date	Time	Cost	Location
28545	W, 11/1	1-2 pm	\$6/\$9	Online

Arts & Enrichment

Fashion Show with Taylor Marie

Taylor Marie brings shopping to us, with the latest fashions in sizes and creative accessories for all. Sit back and relax while our own Senior Center models wow you with designer clothing at below-retail prices. Then, browse the racks to try on and purchase clothing and accessories to take home. Light refreshments will be served.

Course	Day, Date	Time	Cost	Location
28553	Th, 11/9	1-3 p.m.	\$3/\$5	Sr. Ctr.

Fiesta! Music and Culture of Spain and Latin America **NEW!**

Join artist Ana Garcia on a cultural journey through her home country of Spain and Latin America with live music performance, media-rich examples and interactive demonstrations. Celebrate the rich cultural traditions of Spain and Latin America through music, dance, poetry, literature and the works of leading nationalist composers.

Course	Day, Date	Time	Cost	Location
28547	Th, 9/28	1-2 p.m.	\$6/\$9	Online

Fitzgerald and "The Great Gatsby" **NEW!**

Award-winning actor, writer and teaching artist J.T. Turner appears as F. Scott Fitzgerald to discuss the author's own life, times and work, with specific focus on "The Great Gatsby" and its protagonist Jay Gatsby. Participants can be involved throughout, with volunteers reading aloud brief selections from a provided handout, with time for Q and A.

Course	Day, Date	Time	Cost	Location
28541	W, 9/27	10-11 a.m.	\$6/\$9	Online

Fused Glass

This three-week class is for anyone who is looking for a different way to create. Design jewelry, sun catchers, tiles or a piece of art that could be framed. The ideas are endless. Tracy Keating, artist and art teacher, will provide all the supplies and instruction.

Course	Day, Date	Time	Cost	Location
28580	F, 10/6-10/20	12:30-2:30 p.m.	\$55/\$65	Sr. Ctr.

Halloween Costume Bash **NEW!**

Pull out that costume from the back of the closet, borrow one from a friend or do what Seniorita Sunshine does - put on your favorite wig and create a fun look from whatever you've got laying around the house! There will be music! There will be dancing! And there will be a Best Costume Contest with prizes! Have a blast and be home before trick-or-treaters start ringing your doorbell.

Course	Day, Date	Time	Cost	Location
28590	Tu, 10/31	1-2 p.m.	Free	Sr. Ctr.

Handbells Beginner/Continuing

A fun course using color-coded lightweight handbells that can be played by either tapping or shaking. Each student will begin with one or two handbells and together the group will play a wide range of music: folk, classical and popular. No previous musical knowledge required. Handbells provided. Instructor: Connie Hughes.

Course	Day, Date	Time	Cost	Location
28587	Tu, 9/12-10/31	1:45-2:20 p.m.	\$35/\$47	Sr. Ctr.

Handbells Advanced

Requires some musical knowledge, and that the student has taken either a previous handbells class with the instructor, or has instructor approval. Each student will have a range of four to eight handbells as part of the group, creating a more challenging level. Handbells provided. Instructor: Connie Hughes.

Course	Day, Date	Time	Cost	Location
28588	Tu, 9/12-10/31	2:30-3:10 p.m.	\$35/\$47	Sr. Ctr.

How We Became a Nation: Life in Colonial America

A look at people and events that created the United States. This was a time of expansion and resistance. Some important movers and shakers have been forgotten or left out of the history books. A look back at a time that set the stage for a revolution. Instructor: Joan Adams.

1762-1763

George III becomes King, the British capture Montreal and seize Cuba, and Ethan Allen estab-

lishes ironworks. Who was involved and what did the Treaty of Paris include? How did these events help to create the United States?

Course	Day, Date	Time	Cost	Location
28577	M, 10/2	10:30-11:30 a.m.	\$6/\$9	Hybrid

1764-1765
Why was England putting more taxes on the colonies through the Sugar Act and Stamp Act? Who were the Sons of Liberty and what were they doing? Daniel Boone explores into Kentucky and Florida, and the Virginia Assembly was dissolved. These events and others were driving forces for the colonies to want to become free.

Course	Day, Date	Time	Cost	Location
28578	M, 11/6	10:30-11:30 a.m.	\$6/\$9	Hybrid

Improv Positivity

Laugh while playing improv comedy games that spark personal creativity and group connection. Engage the body and mind to forget the outside world and learn to be in the present. Topher Belavia has coached hundreds of teams and taught thousands of students to confidently access their innate abilities to clearly communicate, cooperate and create.

Course	Day, Date	Time	Cost	Location
28593	M, 10/16-11/6	12:30-2 p.m.	\$40/\$50	Sr. Ctr.

Intergenerational Living **NEW!**

During hard times, many choose to live with extended family in intergenerational households, and when times get better, they often choose to remain, and for good reasons. We'll look at the pros and cons to better understand intergenerational living. Add your insights to our discussion. Instructor: Marvin Adams.

Course	Day, Date	Time	Cost	Location
28582	Th, 11/9	11 a.m.-12 p.m.	\$6/\$9	Online

Introduction to Creative Stamping: Basic Folio/Scrapbook Design **NEW!**

Learn how to create a mini photo folio or scrapbook page layout using ink, rubber and photopolymer stamps. We will use kits, freestyle and guided stamping techniques, using a variety of crafting mediums. No experience is necessary

to learn how to create a basic folio book or a two-page 12x12 scrapbook layout to share photo memories with friends and family. Fee covers materials; bring your own photographs. Margo Hope Schaefer is an independent Stampin' Up! demonstrator and owner of Mad About You Paper Crafts & Gifts in Rockville.

Course	Day, Date	Time	Cost	Location
28671	F, 9/22 & 9/29	10:30 a.m.-12:30 p.m.	\$30/\$40	Sr. Ctr.

Landscapes: East and West **NEW!**

Viewers east and west find deep resonance in centuries-old landscape representations of mist shrouded mountains, searing sunsets and peacocks strutting beneath pines. Artists in Japan, Europe and elsewhere capture aspects of their environment by focusing on broad vistas and telling details. We'll observe the natural world through artful landscapes and discuss our perceptions in this cross-cultural program.

Course	Day, Date	Time	Cost	Location
28540	Tu, 9/12	1-2 p.m.	\$6/\$9	Online

Living the Good Life: 1950s America

The war to end all wars was over. Many Americans were moving to the suburbs. Music and entertainment were available in living rooms. For many it was a time of discrimination and hardship. Witch hunts sought out communists. Music took on rock 'n' roll. It was a time of dramatic change socially and politically.

1956: An American star marries a prince and the Supreme Court hands down a historic decision. Americans are brushing with Crest toothpaste and eating at Burger King. There was another election and much more.

Course	Day, Date	Time	Cost	Location
28574	M, 9/18	10:30-11:30 a.m.	\$6/\$9	Hybrid

1957: Kids read about a cat in a hat. TV watchers were leaving it to a kid named Beaver and Americans were eating a new canned meat. Oh, and Elvis was all shook up!

Course	Day, Date	Time	Cost	Location
28575	M, 10/16	10:30-11:30 a.m.	\$6/\$9	Hybrid

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Arts & Enrichment

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1958-59: This ends a look at an amazing decade. Americans learned about credit cards and watched Donna Reed and Garry Moore on TV. Alaska and Hawaii were added to the Union and the space race began. American families ate at IHOP, Pizza Hut and Little Caesar's. What other events closed out this decade?

Course	Day, Date	Time	Cost	Location
28576	M, 11/20	10:30-11:30 a.m.	\$6/\$9	Hybrid

Marylanders of Note

There are many famous and not so famous (but important) Marylanders. Instructor: Joan Adams.

Rosa Gumataotao Rios, U.S. Treasury Secretary

A native of California but lived in Maryland when she was the 43rd treasurer of the United States. Recently, she completed a term as a visiting scholar at the Radcliffe Institute for Advanced Studies at Harvard University. Why is she a Marylander of note?

Course	Day, Date	Time	Cost	Location
28571	M, 9/11	10:30-11:30 a.m.	\$6/\$9	Hybrid

Thomas D'Alesandro, Jr., Baltimore Mayor

Mayor of Baltimore from 1947-1959, Big Tommy brought back a major league baseball franchise and opened the Harbor Tunnel. He served in the U.S. House of Representatives, where his daughter later became Speaker of the House. What other things did Big Tommy accomplish?

Course	Day, Date	Time	Cost	Location
28572	M, 10/9	10:30-11:30 a.m.	\$6/\$9	Hybrid

Ta-Nehisi Coates, Author/Activist

Born in Baltimore in 1975, this man made his mark as an essayist, journalist and writer. His mother was a librarian and his father a member of the Black Panther chapter of Baltimore. How did this 17-year-old poet become a bestselling author and social activist?

Course	Day, Date	Time	Cost	Location
28573	M, 11/13	10:30-11:30 a.m.	\$6/\$9	Hybrid

National Memorials of Washington, D.C. **NEW!**

Virtually visit select national memorials located around the National Mall and see where the three branches of the U.S. government reside.

Course	Day, Date	Time	Cost	Location
28544	W, 10/25	10-11 a.m.	\$6/\$9	Online

Painted Wood Art with Tammy

Beautiful high quality 15-inch



round wooden door hanger that is easy to paint for all skill levels. Choose the adorable Thanksgiving turkey or cute owl to welcome guests to your home. Register by 9/15. Instructor: Tammy Brown.

Happy Thanksgiving

Course	Day, Date	Time	Cost	Location
28797	Th, 10/12	10 a.m.-12 p.m.	\$30/\$35	Sr. Ctr.

Whooo Goes There?

Course	Day, Date	Time	Cost	Location
28800	Th, 10/12	10 a.m.-12 p.m.	\$30/\$35	Sr. Ctr.

Painting with Cathy

Instructor Cathy Pasquariello brings the instructions



and all the supplies! No painting experience required.

Sparkling Butterflies on Mugs

Colorful and fun. Create two hand-painted butterfly glasses with paint and added glitter paint for extra whimsy!

Course	Day, Date	Time	Cost	Location
28563	M, 9/11	10:30 a.m.-12:30 p.m.	\$12/\$15	Sr. Ctr.

Leaves and Pumpkins on Mugs

Just in time for fall and Halloween, paint pumpkin/fall leaf mugs in beautiful autumn hues. Then

stay warm with your drink of choice in your own beautifully painted creation.

Course	Day, Date	Time	Cost	Location
28564	M, 10/16	10:30 a.m.-12:30 p.m.	\$12/\$15	Sr. Ctr.

Piano Lessons: Virtual or In-Person

Classes will be taught one-on-one for 15 minutes. Instructor will call participants to schedule the 15 minute in-person or virtual class within the time slot. A piano or keyboard is required for virtual instruction. There is limited availability due to regular students already on the schedule. Instructor: Connie Hughes.

Course	Day, Date	Time	Cost	Location
28583	Tu, 9/12-10/31	9-10 a.m.	\$85/\$112	Online/Sr. Ctr.
28584	Tu, 9/12-10/31	10:15-11:15 a.m.	\$85/\$112	Online/Sr. Ctr.
28585	Tu, 9/12-10/31	11:20 a.m.-12:20 p.m.	\$85/\$112	Online/Sr. Ctr.
28586	Tu, 9/12-10/31	12:30-1:30 p.m.	\$85/\$112	Online/Sr. Ctr.

Picasso Collage **NEW!**

Create a fun portrait Picasso style. Draw, cut, glue and build up layers of materials to design a portrait from different perspectives. All materials provided. Make and take. Instructor: Tracy Keating.

Course	Day, Date	Time	Cost	Location
28722	F, 11/17	12:30-2:30 p.m.	\$25/\$35	Sr. Ctr.

Piecemakers' Club

Make new connections with fellow quilters! Listen to or share tips and tricks in this comfortable environment while encouraging one another. This is a wonderful opportunity to explore various quilting techniques. No meeting 9/25.

Course	Day, Date	Time	Cost	Location
28592	M, 9/11-11/6	1-2:30 p.m.	\$9/\$12	Sr. Ctr.

Robots: They're Coming **NEW!**

Robots—they're moving in. Yes, moving into our lives in ways we haven't even thought about. Surgical robots assist with surgeries and operations, and companion robots reduce anxiety and depression among older adults. Explore ways robots will improve our lives. Instructor: Marvin Adams.

Course	Day, Date	Time	Cost	Location
28562	Th, 9/14	11 a.m.-12 p.m.	\$6/\$9	Hybrid

Scary Art by Cleveland Museum of Art **NEW!**

Fun for Halloween or anytime, program featuring goblins, witches and dastardly doings! Explore otherworldly paintings and prints by Francisco Goya, Salvador Dali, Salvator Rosa and Albert Pinkham Ryder for an art journey to the other side.

Course	Day, Date	Time	Cost	Location
28548	M, 10/23	1-2 p.m.	\$6/\$9	Online

Scary Species! **NEW!**

Snakes, spiders and scorpions oh my. Meet real-life animals that inspire creepy creatures in some of your favorite movies and stories. Discuss creepy crawlies and crazy critters that make scary stories and chill us to the bone. Discover the misconceptions about them.

Course	Day, Date	Time	Cost	Location
28546	M, 10/30	1-2 p.m.	\$6/\$9	Online

Science Tuesdays

An engaging monthly presentation and conversation with a scientist, each meeting focusing on a different topic. No scientific background required, just curiosity. Cosponsored by Rockville Science Center. Second Tuesday of the month.

Course	Day, Date	Time	Cost	Location
28884	Tu, 10/10, 11/14, 12/12	1-2 p.m.	Free	Online

Seniors Understanding Nature (SUN)

Discover the outdoors from the comfort of your home as you connect with the natural world. A naturalist from Croydon Creek Nature Center will explore nature themes related to the season. Participants will better understand the environment, gain new skills in observation and identification, and enjoy health benefits of nature study.

Nature Journaling: A great way to keep track of changes in the natural world from season to season, and you don't have to be an artist to do it! Learn tips and tricks to observe your surroundings, make simple drawings and record what you see in the world around you.

Course	Day, Date	Time	Cost	Location
28565	F, 9/22	1-2 p.m.	Free/\$4	Online

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Fall Woody Plants: Autumn is a time to take in the beauty the season brings to trees and shrubs. From shortening days to dropping temperatures, many things prompt leaves to change. Learn the science behind colors of fall and discover what these colors tell us about the plants and their environment.

Course	Day, Date	Time	Cost	Location
28566	F, 10/27	1-2 p.m.	Free/\$4	Online

Sing Along with Connie Hughes **NEW!**

Spend an hour singing along to longtime favorites from stage and screen, such as "Edelweiss" from "The Sound of Music," or "Sunrise, Sunset" from "Fiddler on the Roof." Also includes selections from American traditions and Celtic folk-songs. Words provided.

Course	Day, Date	Time	Cost	Location
28672	F, 10/6	2-3 p.m.	\$3/\$5	Sr. Ctr.

Spanish for 60+

Classes designed to make you feel more comfortable getting started with everyday conversation. Learn the fundamentals of Spanish language and start speaking with confidence. Includes interactive activities. Instructor: Lidia Almidon.

Spanish Just the Basics

Course	Day, Date	Time	Cost	Location
28886	M,W, 9/18-10/18	12:30-2 p.m.	\$49/\$70	Sr. Ctr.

Spanish Continuing

Course	Day, Date	Time	Cost	Location
28885	Tu,Th, 9/19-10/19	12:30-2 p.m.	\$49/\$70	Sr. Ctr.

Storytelling with Erin **NEW!**

Erin Vannella is a former television news reporter, international video documentarian, teacher, TEDx speaker coach, and founder of Pure Vannella, LLC.

Crossing Kansas: "I'm certainly not the first to do it. And I won't be the last. But I think everyone should drive across Kansas." Hop in the car with traveling storyteller Erin Vannella and experience

a journey true to the state's motto, "to the stars through difficulties."

Course	Day, Date	Time	Cost	Location
28568	Tu, 9/5	11 a.m.-12 p.m.	\$6/\$9	Online

The People Who Show Up for Us: Ever notice how just when you need help, someone shows up? Call them guardian angels, divine help, universal messengers or fortunate coincidences — they're real people in our lives who seem to appear when we least expect them. Whether after a flat tire, in the check-out line or on a park bench, the right person finds us. Join as we tip our caps to all the helpers by sharing the stories of life's significant strangers.

Course	Day, Date	Time	Cost	Location
28569	Tu, 10/24	11 a.m.-12 p.m.	\$6/\$9	Online

Unpacking Travel: Whether by rail, road or sky, the way we move has changed over the years — at least in form. In function, travel gets us from A to B. But if the joy is in the journey, are the best days of travel behind us? Share where life has taken you. Discuss the ways travel has changed — for better and for worse — and be transported without ever leaving your seat.

Course	Day, Date	Time	Cost	Location
28567	Tu, 11/7	11 a.m.-12 p.m.	\$6/\$9	Online

Sugar is Not a Treat **NEW!**

When you eat too much sugar, serious things happen. How much is too much? Explore what happens when we eat too much sugar. But I love desserts! Yes, you can have some. Discuss ways to find that critical balance. Instructor: Marvin Adams.

Course	Day, Date	Time	Cost	Location
28579	Th, 10/12	11 a.m.-12 p.m.	\$6/\$9	Online

Supper Club

Catered by Stone Soup. Entertainment: Four Seasons Dancers. Sponsored by Brightview West End. Register by 9/1.

Course	Day, Date	Time	Cost	Location
28551	Tu, 9/12	5-7 p.m.	\$30/\$40	Sr. Ctr.

The 1956 Washington Senators **NEW!**

Do you remember going to Griffith Stadium to watch the Washington Senators? Our two guest speakers were with the team as bat boy and scoreboard keeper. Hear their close up and personal experiences at the 1956 All-Star game, including with Mickey Mantle, Willie Mays, Ted Williams and Yogi Berra.

Course	Day, Date	Time	Cost	Location
28552	Tu, 9/19	1:30-3 p.m.	\$6/\$9	Sr. Ctr.

The Pilgrims of Plymouth **NEW!**

Learn Around The World is taking you to Plymouth, Massachusetts. During this virtual trip, see Plymouth Rock, visit recreated homesites of the Wampanoag and the English, explore the Mayflower II and much more. This program also focuses on separating the myths from the traditional Thanksgiving story.

Course	Day, Date	Time	Cost	Location
28542	Tu, 11/14	10-11 a.m.	\$6/\$9	Online

Toddler Storytime

Give your gift of time to delight Rockville community toddlers aged 2-5 by reading some favorite children's books provided by the Senior Center. Share your enthusiasm with the children as you bring books to life! A simple craft planned by Senior Center staff will follow. Children will be accompanied by a parent or caregiver.

Course	Day, Date	Time	Cost	Location
28570	Th, 11/2	10-11 a.m.	Free	Sr. Ctr.

Ukulele: Continuing Group Lessons

Learn this fun, indigenous Hawaiian instrument! A continuation of the Beginner Ukulele Class. Cover more involved strumming, melodies, tricks, chord melodies and more! A ukulele is required but rentals can be arranged by The School of Music for \$30 per semester. Instructor: Kevin Mittleman. *Minimum of four students needed for class.

Course	Day, Date	Time	Cost	Location
28589	W, 9/20-11/1	1-2 p.m.	\$85/\$112	Sr. Ctr.

Veteran's Appreciation **NEW!**

Join us for this special program as we honor and express our gratitude to our veterans. A special performance features vocalist Andrea Hancock, also known as "Senorita Sunshine." She will recreate the USO show to celebrate our veterans. Lunch will be provided after performance. Register by 10/27. *Thank you to sponsor, Collingswood Rehabilitation & Healthcare Center.*

Course	Day, Date	Time	Cost	Location
28591	Tu, 11/7	11 a.m.-12:30 p.m.	Free	Sr. Ctr.

Watercolor Classes

Val Fry, our popular watercolor teacher, has a background in art and art therapy, and is active in art organizations throughout the state. Classes are always supportive and encouraging. If you need the supply list, please email seniorrecreation@rockvillemd.gov one week prior to class. Note: Intermediate classes are virtual. Beginner and Advanced classes are in-person.

Beginner Watercolor (No Supplies) **NEW!**

Learn the basics about paper, palette set up, brush strokes, color mixing and applying basic techniques in watercolor. Join Val's class for a fun eight-week introduction to the watercolor medium. Students will receive a supply list to purchase supplies on their own after registering.

Course	Day, Date	Time	Cost	Location
28597	W, 9/13-11/1	9:30-11:30 a.m.	\$100/\$120	Sr. Ctr.

Beginner Watercolor (With Supplies) **NEW!**

Learn the basics about paper, palette set up, brush strokes, color mixing and applying basic techniques in watercolor. Join Val's class for a fun eight-week introduction to the watercolor medium. Supplies are included in class cost: four brushes, paints, a small palette and paper. Must register by 8/23. No refunds after 8/23.

Course	Day, Date	Time	Cost	Location
28939	W, 9/13-11/1	9:30-11:30 a.m.	\$140/\$160	Sr. Ctr.

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Intermediate Watercolor

For students who have had some watercolor experience. Explore different techniques in watercolor that can enhance paintings and learn about building blocks to better paintings including use of color, shapes, values and edges. Classes usually begin with a critique, followed by an introduction of a well-known watercolor artist and end with a demonstration by the teacher.

Course	Day, Date	Time	Cost	Location
28594	Tu, 9/12-10/31	9:30-11:30 a.m.	\$100/\$120	Online
28595	Tu, 9/12-10/31	12-2 p.m.	\$100/\$120	Online



Advanced Watercolor **NEW!**

Discuss composition, color, shapes and edges. Techniques and personal style will be encouraged. We will have a critique, introduction to famous watercolor artists and weekly demonstration given by the teacher. Enjoy our love of watercolors in a very supportive environment.

Course	Day, Date	Time	Cost	Location
28596	W, 9/13-11/1	12-2 p.m.	\$100/\$120	Sr. Ctr.

Wildlife of Maine **NEW!**

On this virtual trip, we'll be visiting the Maine Wildlife Park and select coastal areas to discuss wildlife conservation, birds and mammals.

Course	Day, Date	Time	Cost	Location
28543	Tu, 10/17	10-11 a.m.	\$6/\$9	Online



Trips Physical Difficulty Scale:

- ① = Walking from bus to seat
- ② = Walking with seating available
- ③ = Lots of walking & standing with some opportunities to sit
- ④ = Lots of walking

TRIP REGISTRATION

Trip registration will be open Tuesday, **Aug. 8 at 8:30 a.m.** for members and **Thursday, Aug. 10 at 8:30 a.m.** for nonmembers. Register online, by mail, by phone, or in person.

When you travel with the Senior Center, you can relax and leave the driving and parking to us. Travel in the comfort of a chartered bus or in a Rockville Senior Center bus for local adventures. It's a great way to meet new people or create memories with old friends. Hurry! Trips tend to sell out quickly, so don't delay.

Call 240-314-8800 for more information.





Washington Nationals Baseball Game ②

• CHARTER BUS •

Hey batter, batter! Let's play ball as the Nats take on the Chicago White Sox. Enjoy the game in club level seats, which are perfect regardless of the weather. Refreshments and restrooms are just a few steps away in our semi-private club area. Note: Food and beverages are on your own. Trip includes charter bus transportation, leadership and tickets. No refunds after 9/5.

Course	Day, Date	Time	Cost	Meet At
28794	W, 9/20	10:45 a.m.-5:30 p.m.	\$105/\$125	Sr. Ctr.



Western Maryland Scenic Railroad ③

• CHARTER BUS •

Ride the heritage railroad up 1,410 feet in elevation from Cumberland to Frostburg. The train follows the Great Allegheny Passage, through the famous Brush Tunnel. At your layover, you will have 90 minutes to visit Frostburg's shops and restaurants. Includes train ride, box lunch, bus transportation and leadership. No refunds after 9/19.

Course	Day, Date	Time	Cost	Meet At
28792	Th, 10/5	9 a.m.-6:30 p.m.	\$105/\$125	Sr. Ctr.



Gettysburg Museum and Tour ③

• CHARTER BUS •

Experience the battlefield beyond the history books and movies as a licensed battlefield guide steps aboard our bus and leads us on a two-hour tour of iconic landmarks such as Devil's Den, the Peach Orchard and other sites. Trip includes charter bus transportation, leadership, boxed lunch, cyclorama, museum and step-on guide. No refunds after 10/2.

Course	Day, Date	Time	Cost	Meet At
28857	Tu, 10/17	9 a.m.-5 p.m.	\$105/\$125	Sr. Ctr.



Art of Fire ②

• LOCAL ADVENTURE •

An inside look at Art of Fire Glassblowing Studio in Laytonsville, a restored dairy barn with glowing 2100°F furnaces and professional glassblowers who narrate the process. See molten glass skillfully blown, twisted and sculpted into vases, bowls and more! Trip includes Senior Center bus transportation, leadership and glass blowing demonstration. No refunds after 10/24.

Course	Day, Date	Time	Cost	Meet At
28791	W, 11/8	9:45 a.m.-12:30 p.m.	\$10/\$15	Sr. Ctr.



"Miracle on 34th Street" at Riverside ①

• CHARTER BUS •

Riverside Dinner Theatre presents Meredith Willson's holiday classic. You may find yourself singing along to "It's Beginning to Look a Lot Like Christmas" during this joyous, heartwarming musical. Trip includes show, meal, leadership and charter bus transportation. No refunds after 11/16.

Course	Day, Date	Time	Cost	Meet At
28853	F, 12/8	9:45 a.m.-6 p.m.	\$105/\$125	Sr. Ctr.

B Android Basics

Take a look at many of the installed apps on your device, see pictures and video clips, and download and play games from the app store. Use the messaging app to communicate with friends and more. Instructor: Andre Hickman.

Course	Day, Date	Time	Cost	Location
28847	M,W, 10/16-10/18	10 a.m.-12 p.m.	\$14/\$27	Sr. Ctr.
28848	M,W, 10/23-10/25	10 a.m.-12 p.m.	\$14/\$27	Sr. Ctr.

B Avoiding PC Scams

Alert! Beware! Protect yourself from scams that when using your computer on a daily basis. Examine the many cons and scams that exist. From emails claiming to be from Microsoft, your bank or a well-known charity, learn the signs of deception. Instructor: Andre Hickman.

Course	Day, Date	Time	Cost	Location
28851	W, 11/1	10 a.m.-12 p.m.	\$14/\$27	Sr. Ctr.

B Managing Your Files

Learn how to copy, move, delete and rename files. Organize your work and find lost files. Make folders and better understand your profile. Instructor: Andre Hickman.

Course	Day, Date	Time	Cost	Location
28840	M, 10/2	10 a.m.-12 p.m.	\$14/\$27	Sr. Ctr.

B PC New Users

This course familiarizes those new to computers (or afraid to learn) with the basic components of computers. Introduces everyday tasks, such as email, word processing and surfing the web. No experience required. Instructor: Andre Hickman.

Course	Day, Date	Time	Cost	Location
28841	Tu, 10/3	10 a.m.-12 p.m.	\$14/\$27	Sr. Ctr.
28856	Tu, 11/7	10 a.m.-12 p.m.	\$14/\$27	Sr. Ctr.
28866	Tu, 12/5	10 a.m.-12 p.m.	\$14/\$27	Sr. Ctr.

B Windows PC Backup

When and how do I backup my system? How long do I hold my backups? What type of backup media is the best? Learn the answers to these

and other important questions you might have. Instructor: Andre Hickman.

Course	Day, Date	Time	Cost	Location
28846	W, 10/11	10 a.m.-12 p.m.	\$14/\$27	Sr. Ctr.
28873	W, 12/27	10 a.m.-12 p.m.	\$14/\$27	Sr. Ctr.

B Phone Pictures to PC

Learn how to copy them to your computer. Make separate folders for all your groups of pictures. Email them to family and friends. Bring your charger and cord to class. Instructor: Andre Hickman.

Course	Day, Date	Time	Cost	Location
28855	M, 11/6	1-3 p.m.	\$9/\$15	Sr. Ctr.
28871	M, 12/18	1-3 p.m.	\$9/\$15	Sr. Ctr.
28872	Tu, 12/26	10 a.m.-12 p.m.	\$9/\$15	Sr. Ctr.

I Forgot My Password?

Many have lost their password to their computer, tablets or phones. Going through a maze to reset them require patience. Learn tips to regain access to your devices. Instructor: Andre Hickman.

Course	Day, Date	Time	Cost	Location
28863	Tu, 11/21	10 a.m.-12 p.m.	\$14/\$27	Sr. Ctr.

I Optimize your Desktop

Does your system have frequent pop-up messages? Does it take a while to start up or shut down? Learn tips to help improve performance and answer questions that puzzle you about your computer. A \$3 handout fee is payable to instructor at first class. Instructor: Andre Hickman.

Course	Day, Date	Time	Cost	Location
28862	M,W, 11/20-22	10 a.m.-12 p.m.	\$14/\$27	Sr. Ctr.

I PC Troubleshooting

Learn basic troubleshooting techniques and solve your computer problems. Instructor: Andre Hickman.

Course	Day, Date	Time	Cost	Location
28844	M, 10/9	1-3 p.m.	\$14/\$27	Sr. Ctr.

KEY: B = Beginner courses; I = Intermediate courses
Handout fees included in price.

① Using Thumb Drives Etc.

Learn how to copy pictures or files on to a flash drive (thumb drive) and cut, copy and paste files from that drive to any other computer. It's important to have a backup. Thumb drives available. Instructor: Andre Hickman.

Course	Day, Date	Time	Cost	Location
28854	M, 11/6	10 a.m.-12 p.m.	\$14/\$27	Sr. Ctr.

All Things Google

Ever wonder about those nine little boxes forming a square in the upper-right corner of any Google page? They're a portal into a whole new Google world to make your time online more productive. Instructor: Andre Hickman.

Course	Day, Date	Time	Cost	Location
28861	M,W, 11/13-15	10 a.m.-12 p.m.	\$14/\$27	Sr. Ctr.
28870	M,W, 12/18-20	10 a.m.-12 p.m.	\$14/\$27	Sr. Ctr.

Practice Lab

Practice the skills learned in classes during open lab. Instructor: Andre Hickman.

Course	Day, Date	Time	Cost	Location
28842	Th, 10/5-10/26	9 a.m.-12 p.m.	Free	Sr. Ctr.
28852	Th, 11/2-11/30	9 a.m.-12 p.m.		
	F, 11/17	9 a.m.-12 p.m.	Free	Sr. Ctr.
28864	Th, 12/7-12/28	9 a.m.-12 p.m.		
	F, 12/22	9 a.m.-12 p.m.	Free	Sr. Ctr.

Rockville Election:
Tuesday, Nov. 7, 2023

Elecciones en Rockville:
Martes, Nov. 7, 2023

罗克维尔选举:
2023年11月7日,
星期二



SCAN ME
FOR MORE
LANGUAGES.



Vote by Mail
Voto por correo
以邮寄方式投票

www.rockvillemd.gov/election
240-314-8286



A ballot drop off box will be located at the Rockville Senior Center, inside, during facility hours.

Tech PT

Have a tech question and need some time for an explanation? Schedule a one-on-one with instructor in our Technology Lab. Some questions could include Facebook, Instagram, LinkedIn basics, Skype, Twitter, WhatsApp, iPad basics, iPhone basics or how to buy a computer, a smartphone or a tablet. Instructor: Andre Hickman.

One 1-Hour Session

Course	Cost	Location
27418	\$24/\$34	Sr. Ctr.

Two 1-Hour Sessions

Course	Cost	Location
27419	\$42/\$52	Sr. Ctr.

Three 1-Hour Sessions

Course	Cost	Location
27420	\$60/\$70	Sr. Ctr.

Using Quick Keys

Ever wondered what the keys on the top of the keyboard mean? This class will guide you through the actions on each. Instructor: Andre Hickman.

Course	Day, Date	Time	Cost	Location
28865	M,Tu, 12/4-12/5	1-3 p.m.	\$14/\$27	Sr. Ctr.

Windows 11 Tips

Course	Day, Date	Time	Cost	Location
28849	M,W, 10/2-10/4	1-3 p.m.	\$14/\$27	Sr. Ctr.
28867	M,W, 12/11-12/13	1-3 p.m.	\$14/\$27	Sr. Ctr.

Windows Security

Is your device or computer protected? Are you scanning for malware on a regular basis? Examine the best way to secure your computer and other devices. Instructor: Andre Hickman.

Course	Day, Date	Time	Cost	Location
28858	W, 11/8	10 a.m.-12 p.m.	\$14/\$27	Sr. Ctr.

Zoom Help

Instructor: Andre Hickman.

Course	Day, Date	Time	Cost	Location
28845	T, 10/10	10-11 a.m.	Free	Sr. Ctr.
28869	W, 12/13	10-11 a.m.	Free	Sr. Ctr.

ROCKVILLE SENIOR FITNESS CENTER

It's the best time to be 60+ in Rockville!

7 a.m.-5 p.m. Monday & Friday • 7 a.m.-7 p.m. Tuesday, Wednesday, Thursday • 9 a.m.-2 p.m. Saturday

Fitness Center Membership Fees: \$95/year (Must be a Senior Center member)

www.rockvillemd.gov/seniorcenter • 240-314-8800

Fitness Room Membership

Fitness memberships are an add-on purchase to a center membership. Orientation is required and is an additional \$15 one-time fee.



Fitness Membership Rates:

3 Months: \$30; 6 Months: \$50; 1 Year: \$95

Aerobic Workout

Step up to the latest exercise designed for the active participant who can walk and turn with ease. Aerobic dancing provides enjoyable exercise using basic dance movements with one foot safely in contact with the floor at all times. Class includes a mixture of oldies and current music. Instructor: Chris Klopfer.

Course	Day, Date	Time	Cost	Location
*28483	Tu,Th, 9/12-11/9	11 a.m.-12 p.m.	\$60/\$75	Sr. Ctr.
*28484	Tu,Th, 9/12-11/9	11 a.m.-12 p.m.	\$53/\$75	Online

Mini Sessions

Course	Day, Date	Time	Cost	Location
28532	Tu,Th, 11/28-12/14	11 a.m.-12 p.m.	\$30/\$38	Sr. Ctr.
28533	Tu,Th, 11/28-12/14	11 a.m.-12 p.m.	\$24/\$38	Online

Annual Turkey Trot **NEW!**

To stay fit during the holiday season, join us for our annual Turkey Trot. Walk through the Woodley Gardens neighborhood or from the comfort of your own home. Please bring a canned food item to support our Senior Center food bank or make a donation to our Senior Assistance Fund.

Course	Day, Date	Time	Cost	Location
28938	Th, 11/16	10-11:30 a.m.	Free	Hybrid

Add-On Options for Fall Programs

For an additional fee of \$25, participants registered for programs with this option will receive a link with unlimited access to a single recording of the class for the duration of the session (9/11-11/17).

*Aerobic Workout (Virtual & In Person)

*Arthritis Foundation

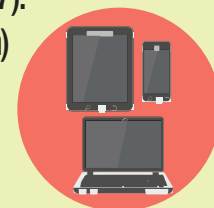
*Easy Feet (Virtual & In person)

*Forever Fit (Virtual & In Person)

*On Your Feet Yoga Blend

*Total Conditioning (Mon. Virtual & In Person)

*Total Conditioning (Fri. Virtual & In Person)



Ageless Grace®—Chair Exercise

Ageless Grace® is a highly effective brain fitness program that keeps participants moving and thinking through the power of play. Wellness shouldn't have to be boring or painful, it should be fun! Instructor: Jane Wikman.

Course	Day, Date	Time	Cost	Location
28459	W, 9/13-11/8	11-11:45 a.m.	\$33/\$48	Online

Mini Session

Course	Day, Date	Time	Cost	Location
28497	W, 11/29-12/13	11-11:45 a.m.	\$18/\$25	Online

Arthritis Foundation Exercise

Use gentle movements to increase joint flexibility, range of motion and overall stamina, and maintain muscle strength. Exercise can help ease pain and stiffness, as well as feelings of isolation and depression. Instructor: Martine Owen.

Course	Day, Date	Time	Cost	Location
*28482	Tu,Th, 9/12-11/9	1-2 p.m.	\$53/\$75	Online

Mini Session

Course	Day, Date	Time	Cost	Location
28535	Tu,Th, 11/28-12/14	1-2 p.m.	\$22/\$38	Online

Balance Matters

Balance exercises help improve stability, coordination, leg strength and posture. Exercises in this basic balance class help reduce the risk of falling and prevent injury to improve overall daily life. Instructor: Paula Ohlandt.

Course	Day, Date	Time	Cost	Location
28463	M, 9/11-11/13	1:15-2 p.m.	\$42/\$52	Sr. Ctr.
28454	M, 9/11-11/13	1:15-2 p.m.	\$33/\$48	Online

Mini Session:

Course	Day, Date	Time	Cost	Location
29001	M, 11/27-12/11	1:15-2 p.m.	\$20/\$25	Sr. Ctr.
28518	M, 11/27-12/11	1:15-2 p.m.	\$18/\$25	Online

Balance Challenge

This advanced balance class improves coordination and muscle strength, and challenges your balance and mind for everyday active living. Weights and additional equipment will be used during class. Appropriate for the active participant. Instructor: Paula Ohlandt.

Course	Day, Date	Time	Cost	Location
28464	W, 9/13-11/8	1:15-2 p.m.	\$42/\$52	Sr. Ctr.

Mini Session:

Course	Day, Date	Time	Cost	Location
29320	W, 11/29-12/13	1:15-2 p.m.	\$20/\$25	Sr. Ctr.

Bilingual Yoga with a Chair

Designed to help you enjoy the benefits of gentle exercise and relaxation. Modifications of standard yoga poses will be used and work will be done with breathing, focusing attention on gentle stretching and balance. No previous experience needed. Esta clase está diseñada para ayudarle a disfrutar y recibir los beneficios del ejercicio suave y la relajación. Se utilizarán modificaciones de las posturas de yoga estándar y se trabajará con la respiración, centrando la atención en el estiramiento suave y el equilibrio. No se necesita experiencia previa. Instructor: Corina Urdaneta.

Course	Day, Date	Time	Cost	Location
28467	F, 9/15-11/17	11:15 a.m.-12 p.m.	\$45/\$60	Sr. Ctr.

Chair Cardio

Enjoy fun moves while seated! Combine upper and lower body movements, which gives the body a total workout while listening to great music. Instructor: Yenobis Delgado.

Course	Day, Date	Time	Cost	Location
28452	W, 9/13-11/8	9-9:45 a.m.	\$33/\$48	Online

Mini Session:

Course	Day, Date	Time	Cost	Location
28519	W, 11/29-12/13	9-9:45 a.m.	\$18/\$25	Online

Chair Exercise

This seated program is performed to music. Exercise patterns are designed for those with limited mobility to help develop strength, flexibility, endurance and promote better circulation. Instructor: TBA.

Course	Day, Date	Time	Cost	Location
28458	M, 9/11-11/13	11 a.m.-12 p.m.	\$33/\$48	Sr. Ctr.

Mini Session:

Course	Day, Date	Time	Cost	Location
28512	M, 11/27-12/11	11 a.m.-12 p.m.	\$18/\$25	Sr. Ctr.

Chi Gong (Qigong)

Chi Gong is a set of meditative exercises combining simple body movements, breathing and mental imagery. Direct the flow of your body's energy to help prevent disease and build strength. Instructor: Adam Helfer.

Course	Day, Date	Time	Cost	Location
28472	F, 9/15-11/17	12:15-1 p.m.	\$60/\$72	Sr. Ctr.

Mini Session:

Course	Day, Date	Time	Cost	Location
28513	F, 12/1-12/15	12:15-1 p.m.	\$20/\$25	Sr. Ctr.

Drums Alive

Try this exciting class using a stability ball and drumsticks. Get your heart pumping, strengthen your lungs and improve endurance. This class is adaptable to most fitness levels. Equipment

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Hydrate! It's important to stay hydrated throughout your workout.

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available upon request for local participants. Instructor: Yenobis Delgado-Alba.

Course	Day, Date	Time	Cost	Location
28453	Th, 9/14-11/9	12:05-12:50 p.m.	\$33/\$48	Online

Mini Session:

Course	Day, Date	Time	Cost	Location
28514	Th, 11/30-12/14	12:05-12:50 p.m.	\$18/\$25	Online

Easy Feet

Use fun, energetic music to learn easy-to-follow patterns, including basic dance movements and receive a great light-cardio workout. Appropriate for beginners. Instructor: Chris Klopfer.

Course	Day, Date	Time	Cost	Location
*28462	F, 9/15-11/17	11:15 a.m.-12 p.m.	\$35/\$48	Sr. Ctr.

*28461	F, 9/15-11/17	11:15 a.m.-12 p.m.	\$33/\$48	Online
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Mini Session:

Course	Day, Date	Time	Cost	Location
28937	F, 12/1-12/15	11:15 a.m.-12 p.m.	\$20/\$25	Sr. Ctr.
28515	F, 12/1-12/15	11:15 a.m.-12 p.m.	\$18/\$25	Online

Easy Zumba

Combine fun, energetic and motivating music with easy-to-follow movements and dance away your worries. Zumba is great for the body and mind. Appropriate for beginners. Instructor: Noelia Serrano-Gonzalez.

Course	Day, Date	Time	Cost	Location
28470	M,W, 9/11-11/13	10-10:50 a.m.	\$58/\$66	Sr. Ctr.
28471	M,W, 9/11-11/13	10-10:50 a.m.	\$45/\$66	Online

Mini Session:

Course	Day, Date	Time	Cost	Location
28516	M,W, 11/27-12/13	10-10:50 a.m.	\$20/\$25	Sr. Ctr.
28517	M,W, 11/27-12/13	10-10:50 a.m.	\$18/\$25	Online

Fitness Workshop—Feeling Fit with Parkinson's Disease **NEW!**

The benefits of exercise for individuals with Parkinson's Disease have been well documented. If you're looking to directly improve physical symptoms of Parkinson's through exercise, do not miss this workshop, which covers exercises to improve strength, endurance, posture coordina-

tion, balance and range of motion. Take control of your symptoms and build an exercise routine to fit your needs. Instructor: Matthew Miller.

Course	Day, Date	Time	Cost	Location
28439	Tu, 10/10	1-2:15 p.m.	\$15	Hybrid

Fitness Workshop—Yin Yoga **NEW!**

Learn more about Yin Yoga, a slow-paced practice focused on the connective tissues, fascia, and ligaments with the aim of increasing joint mobility and improving flexibility. Most stretches and poses are mat based and tend to be held for longer periods of time. This practice is a gentle and relaxing class for all levels. Please bring a yoga sticky mat. Instructor: Corina Urdaneta.

Course	Day, Date	Time	Cost	Location
28445	F, 10/20	1-2:15 p.m.	\$15	Sr. Ctr.

Forever Fit

Receive a total-body workout that combines cardio exercise, strength training and flexibility. All exercises are done standing or seated in a chair. Appropriate for most fitness levels. Instructor: Chris Klopfer.

Course	Day, Date	Time	Cost	Location
*28489	Tu,Th, 9/12-11/9	10-10:50 a.m.	\$65/\$81	Sr. Ctr.
*28488	Tu,Th, 9/12-11/9	10-10:50 a.m.	\$56/\$81	Online

Mini Session:

Course	Day, Date	Time	Cost	Location
28527	Tu,Th, 11/28-12/14	10-10:50 a.m.	\$25/\$31	Sr. Ctr.
28526	Tu,Th, 11/28-12/14	10-10:50 a.m.	\$22/\$31	Online

Functional Training

While focusing on functional movement, this class includes routines designed to improve strength for all muscle groups. Supercharge your workout, boost your metabolism, burn fat and reach your fitness goals. Participants use weights and mats. This workout is for most fitness levels. Instructor: Martine Owen.

Course	Day, Date	Time	Cost	Location
28469	Sa, 9/9-11/18	10-11 a.m.	\$44/\$62	Online

Mini Session:

Course	Day, Date	Time	Cost	Location
28511	Sa, 12/2-12/16	10-11 a.m.	\$18/\$25	Online

LaBlast® Dance Fitness

LaBlast® is a cardio, ballroom dancing, partner-free class that uses all genres of music from pop, rock, musicals, Latin and much more, like Frank Sinatra and the Beatles. Dance the hustle, jive, swing, salsa, quickstep and others. Light weights are optional for part of the class. Instructor: Megan Cooperman.

Course	Day, Date	Time	Cost	Location
28446	W, 9/13-11/8	5-5:45 p.m.	\$35/\$48	Sr. Ctr.
28460	W, 9/13-11/8	5-5:45 p.m.	\$33/\$48	Online
28448	Sa, 9/9-11/18	10-10:45 a.m.	\$35/\$48	Sr. Ctr.
28449	Sa, 9/9-11/18	10-10:45 a.m.	\$33/\$48	Online

Mini Session:

Course	Day, Date	Time	Cost	Location
28523	W, 11/29-12/13	5-5:45 p.m.	\$20/\$25	Sr. Ctr.
28524	W, 11/29-12/13	5-5:45 p.m.	\$18/\$25	Online
28521	Sa, 12/2-12/16	10-10:45 a.m.	\$20/\$25	Sr. Ctr.
28522	Sa, 12/2-12/16	10-10:45 a.m.	\$18/\$25	Online

Fitness Club: Interested in becoming a Fitness Club member? Workout in our state-of-the-art fitness room. Basic exercise machine training is required for new members. Instruction is offered by appointment only. You must be a Senior Center member to join. The Fitness Club membership fee is \$95 annually. Stop by the reception desk to set up your appointment. Some Saturday appointments available.

Basic Exercise Machine Training:

Basic exercise machine training is required of all new Fitness Club members, by appointment only. Appointments can be made at the front desk. \$15.

Fitness Buddy: Are you in need of assistance while you exercise in our state-of-the-art fitness center? Let your fitness buddy help guide you through the equipment. Register at the front desk and your fitness buddy will contact you to make an appointment. Your buddy will work with you for one hour. This is not a personal training session. Must be a fitness room member. This is done by appointment only. \$15.

Latin Dance Rhythms

Join this fun and energizing fitness class! The instructor will teach salsa, merengue, bachata and reggaeton. Instructor: Tony Edghill.

Course	Day, Date	Time	Cost	Location
28457	M, 9/11-11/13	5-5:45 p.m.	\$35/\$48	Sr. Ctr.

Line Dance Party with Gizelle

NEW!

Join us for this exciting monthly event. This program will include popular social dances such as swing, salsa and line dancing. Begin with 30 minutes of instruction followed by a short break with refreshments. The evening concludes with open dancing. No partner necessary. Instructor: Gizelle Merced.

Course	Day, Date	Time	Cost	Location
28674	Th, 9/21, 10/19, 11/16	3:30-4:45 p.m.	\$21	Sr. Ctr.

Line Dancing

Stay fit while having fun. Use your own style of dance while learning fun, popular social line dances that can be done at weddings, holiday functions and more. Class includes music from multiple genres, such as country, soul pop, Latin and others. Designed for all levels in a free flowing and fun atmosphere! Instructor: Gizelle Merced.

Course	Day, Date	Time	Cost	Location
28447	W, 9/13-11/8	11:15 a.m.-12:05 p.m.	\$35/\$48	Sr. Ctr.

On Your Feet Yoga Blend

Class includes basic yoga poses in a slow and easy pattern, adding elements of balance and core-strengthening exercises in a standing or seated position. Instructor: Melizza Ford.

Course	Day, Date	Time	Cost	Location
*28468	Tu,Th, 9/12-11/9	2:15-3:15 p.m.	\$65/\$94	Online

Mini Session:

Course	Day, Date	Time	Cost	Location
28510	Tu,Th, 11/28-12/14	2:15-3:15 p.m.	\$24/\$38	Online



On Demand Offerings

The following classes will be offered as a pre-recorded class only. Receive a link to one recording with unlimited

access throughout the entire fall session (9/11-11/17). Fee \$25.

All About Core and More: The core is the key to better posture, balance and movement. Focuses on the core through exercises using upper and lower abdominals, pelvic floor, obliques, buttocks and mid- and lower-back muscles. Most exercises are done on the floor; participants must be able to get up and down from the mat. Instructor: Martine Owen.

Course	Date	Time	Cost	Location
28676	9/11-11-17	All Day	\$25	Online

Belly Dance: Enjoy an expressive, exciting and energetic activity. Belly dance practices stimulate the heart and lungs, loosen the hips and spine, and improve balance and core strength. Instructor: Melizza Ford.

Course	Date	Time	Cost	Location
28677	9/11-11/17	All Day	\$25	Online

Chairbics: Get your heart pumping and muscles working while using a variety of equipment. Most exercises will be seated. Some standing exercises will be offered. Instructor: Tony Edghill.

Course	Date	Time	Cost	Location
28678	9/11-11/17	All Day	\$25	Online

Walking Strong: A safe and fun indoor walking class that includes muscle-boosting exercises to increase circulation, boost your immune system and burn calories. Walk approximately 1 mile each class. Instructor: Martine Owen.

Course	Date	Time	Cost	Location
28680	9/11-11/17	All Day	\$25	Online

Outdoor Group Training

This outdoor, strength-building class is designed to improve strength, flexibility and balance using fitness equipment located behind the Senior Center. Intensity may be modified to suit most fitness levels. Instructor: Paula Ohlandt.

Course	Day, Date	Time	Cost	Location
28481	W, 9/13-11/8	9-9:45 a.m.	\$55/\$72	Sr. Ctr.

Pilates Basics

Learn basic Pilates moves while targeting abdominal and pelvic muscles to improve balance, posture, flexibility and core strength. Enjoy this non-impact, mind/body workout using mats. Class is appropriate for beginners. Instructors: Melizza Ford (W), Megan Cooperman (Sat).

Course	Day, Date	Time	Cost	Location
28477	W, 9/13-11/8	1:15-2 p.m.	\$55/\$72	Online
28479	Sa, 9/9-11/18	11-11:45 a.m.	\$60/\$72	Sr. Ctr.
28480	Sa, 9/9-11/18	11-11:45 a.m.	\$55/\$72	Online

Mini Session:

Course	Day, Date	Time	Cost	Location
28509	W, 11/29-12/13	1:15-2 p.m.	\$18/\$25	Online
28875	Sa, 12/2-12/16	11-11:45 a.m.	\$20/\$25	Sr. Ctr.
28874	Sa, 12/2-12/16	11-11:45 p.m.	\$18/\$25	Online

Pre-hab Training

Get in shape before your surgery and get back on your feet in less time. Our pre-hab specialist helps you recover faster by developing and implementing an exercise plan specific to your needs. This program includes eight, individual one-hour sessions with the trainer. In addition, this program must begin no later than six weeks prior to scheduled surgery and requires medical clearance from your doctor. Fitness Club members only. Some Saturday appointments available.

Course	Day, Date	Time	Cost	Location
28496	Daily, 9/11-1/6	9 a.m.-4 p.m.	\$375	Sr. Ctr.

Post-rehab Training

Have you completed your rehabilitation program with your doctor or physical therapist? Let us help you continue on your road to recovery. Our post-rehab specialist works together with your medical professionals to develop a safe and

effective fitness plan. Includes eight individual one-hour sessions with the trainer. This program requires medical clearance from your doctor or physical therapist. Fitness Club members only. Some Saturday appointments available.

Course	Day, Date	Time	Cost	Location
28495	Daily, 9/11-1/6	9 a.m.-4 p.m.	\$375	Sr. Ctr.

Strength Training Challenge

Build muscle strength, endurance and improve balance. The instructor guides you through a variety of movements while working all major muscle groups with the use of weights, bands and tubes. May include work on the mat. Instructors: Matthew Miller.

Course	Day, Date	Time	Cost	Location
28487	Tu,Th, 9/12-11/9	9-9:45 a.m.	\$65/\$81	Sr. Ctr.

Mini Session:

Course	Day, Date	Time	Cost	Location
28525	Tu,Th, 11/28-12/14	9-9:45 a.m.	\$25/\$31	Sr. Ctr.

Stretching and Flexibility Coach— Small Group Training

This small-group program will be offered by a stretching and flexibility coach to create a program to help prevent injury and increase flexibility for individuals. This revolutionary program is built on the latest and most up-to-date scientific research, methods and insight to lead a more flexible and fulfilling life. Spaces are limited; make sure to grab yours now! Instructor: Noelia Serrano-Gonzalez.

Course	Day, Date	Time	Cost	Location
28478	M, 9/11-11/13	2:15-3 p.m.	\$48/\$72	Sr. Ctr.

Tai Chi Level 1

Uncover the mystery of the art called tai chi. Explore its principles through the four basic movements that comprise "Grasp the Sparrow's Tail." Through practice of posture, movement, concentration and relaxation, students will begin to harmonize their bodies into a unit that develops and unlocks the internal energy called "jin," or intrinsic energy. Instructor: Cain Yentzer.

Course	Day, Date	Time	Cost	Location
28485	Th, 9/14-11/9	12:45-1:45 p.m.	\$58/\$75	Sr. Ctr.

Tai Chi Level 2

Delve deeper into the intricate movements and principles of tai-chi, building upon the foundation laid in level 1. Synchronize your breath with graceful stepping techniques that complement each movement and cultivate balance, agility and inner peace. Pre-requisite: Tai Chi Level 1, offered at the Rockville Senior Center. *(Available only for past participants of Tai Chi Level 1 at the Rockville Senior Center.)*

Course	Day, Date	Time	Cost	Location
28486	Th, 9/14-11/9	2-3 p.m.	\$58/\$75	Sr. Ctr.

Taiji Fit

NEW!

A mind/body exercise that combines the best of traditional Taiji (tai chi) and qigong movements, combined with modern music and easy instruction. It's a workout appropriate for any age or fitness level that has you experiencing the flow (tai chi done smoothly, continuously and effortlessly connecting body, mind and spirit). You'll discover how to use Taiji Fit for better balance, pain reduction and heart health. Instructor: Gizzelle Merced.

Course	Day, Date	Time	Cost	Location
28675	Tu,Th, 9/12-11/9	12:15-12:45 p.m.	\$48/\$72	Online

Total Body Fit

A full body workout using a combination of cardio and resistance training exercises. Most exercises are done seated or standing. Instructor: Paula Ohlandt.

Course	Day, Date	Time	Cost	Location
28492	M,W, 9/11-11/13	12:15-1:05 p.m.	\$65/\$81	Sr. Ctr.
28491	M,W, 9/11-11/13	12:15-1:05 p.m.	\$56/\$81	Online
28490	Tu,Th, 9/12-11/9	9-9:45 a.m.	\$56/\$81	Online

Mini Session:

Course	Day, Date	Time	Cost	Location
28530	M,W, 11/27-12/13	12:15-1:05 p.m.	\$25/\$31	Sr. Ctr.
28528	M,W, 11/27-12/13	12:15-1:05 p.m.	\$22/\$31	Online
28529	Tu,Th, 11/28-12/14	9-9:45 a.m.	\$22/\$31	Online

Fitness and Sports

Total Conditioning Workout

This strength-building, non-cardio fitness class is designed to improve strength, flexibility and balance using hand-held weights, bands and tubes. Intensity may be modified to suit most fitness levels. Instructor: Chris Klopfer.

Course	Day, Date	Time	Cost	Location
*28476	M, 9/11-11/13	9-9:45 a.m.	\$55/\$72	Sr. Ctr.
*28474	M, 9/11-11/13	9-9:45 a.m.	\$44/\$72	Online
*28475	F, 9/15-11/17	9-9:45 a.m.	\$55/\$72	Sr. Ctr.
*28473	F, 9/15-11/17	9-9:45 a.m.	\$44/\$72	Online

Mini Session:

Course	Day, Date	Time	Cost	Location
28508	M, 11/27-12/11	9-9:45 a.m.	\$20/\$25	Sr. Ctr.
28506	M, 11/27-12/11	9-9:45 a.m.	\$18/\$25	Online
28507	F, 12/1-12/15	9-9:45 a.m.	\$20/\$25	Sr. Ctr.
28505	F, 12/1-12/15	9-9:45 a.m.	\$18/\$25	Online

Walking Through the Winter Wonderlands NEW!

Join us on this virtual walk while viewing beautiful winter scenery from different parts of the world. Walk with us more than 2 miles, in the comfort of your own home. Seated instruction will also be available. Instructor: Chris Klopfer.

Course	Day, Date	Time	Cost	Location
28437	Th, 12/21	10-11 a.m.	Free	Online

Walking Series – Little Bennett Regional Park NEW!

Enjoy the outdoors with this seasonal event. Increase your fitness level while experiencing some of our beautiful local trails. Designed for the active participant. Some trails may include uneven surfaces. Transportation will be provided. Bring a bag lunch. Instructor: Chris Klopfer.

Course	Day, Date	Time	Cost	Meet at
28438	W, 10/25	10 a.m.-2 p.m.	\$12/\$15	Sr. Ctr.

Yoga for You

Yoga is a lifestyle incorporating exercise, diet, proper breathing, relaxation, meditation and positive thinking. Learn gentle stretching and strengthening exercises. Wear comfortable, loose-fitting clothing. Includes work on the mat.

Wednesday class will be held in the Carnation Room. Instructor: Corina Urdaneta.

Course	Day, Date	Time	Cost	Location
28494	W, F, 9/13-11/15	10-11 a.m.	\$98/\$119	Sr. Ctr.

Mini Session:

Course	Day, Date	Time	Cost	Location
28536	W, F, 11/29-12/15	10-11 a.m.	\$35/\$48	Sr. Ctr.



Personal Training

Let a nationally certified personal trainer design a program based on your individual needs. Includes initial evaluation. Register at the front desk and you will be contacted by one of our trainers to schedule an appointment. Some Saturday appointments are available. For Fitness Club members only. **Virtual options are available.**

Course	Session Timeframe	Cost	Location
27484	One: One-hour	\$55	Fitness Rm
27485	Two: One-hour	\$110	Fitness Rm
27493	Three: One-hour	\$160	Fitness Rm
27487	Six: One-hour	\$289	Fitness Rm
27257	Ten: One-hour	\$450	Fitness Rm
27488	Two: 30-minutes	\$55	Fitness Rm
27490	Four: 30-minutes	\$110	Fitness Rm
27486	Six: 30-minutes	\$160	Fitness Rm
27491	Twelve: 30-minutes	\$289	Fitness Rm
27492	Twenty: 30-minutes	\$450	Fitness Rm



Zumba Gold

This easy Latin and internationally inspired program is designed for beginners. It creates a party-like atmosphere that is fun and effective. Zumba Gold is great for the body, mind and soul. Enjoy dancing while receiving a total body workout. Instructors: Melizza Ford (M), Tony Edghill (Fri).

Course	Day, Date	Time	Cost	Location
28450	M, 9/11-11/13	5-5:45 p.m.	\$33/\$48	Online
28456	F, 9/15-11/17	1:30-2:15 p.m.	\$35/\$48	Sr. Ctr.

Mini Session:

Course	Day, Date	Time	Cost	Location
29000	M, 11/27-12/11	5-5:45 p.m.	\$18/\$25	Online
29334	F, 12/1-12/15	1:30-2:15 p.m.	\$20/\$25	Sr. Ctr.

Senior Citizens Commission

The commission is appointed by the Mayor and Council and identifies issues that support making Rockville a community where seniors choose to remain and live a healthy, safe and active life. Commission spots are still available.

Day, Date: Third Thursday of every month.

Time: 10 a.m. **Location:** Online

Sports – Instructional

If registering for a table tennis class, please choose only one option.

Table Tennis – Beginner I

For those with little or no experience who want to learn techniques, basic rules and scoring. Not only fun to play, the game helps increase dexterity, flexibility, coordination and reflexes.

Course	Day, Date	Time	Cost	Location
28444	M, 10/2-11/6	1-2 p.m.	\$35/\$42	Sr. Ctr.

Table Tennis Beginner II

For those who have basic experience, who can hit the ball back and forth at least three times in a row, and would like to continue learning techniques, basic rules and scoring to advance their skills. Not only fun to play, but the game also helps increase dexterity, flexibility, coordination and reflexes.

Course	Day, Date	Time	Cost	Location
28442	W, 9/27-11/1	1-2 p.m.	\$35/\$42	Sr. Ctr.

Table Tennis – Intermediate

This class is for those who have knowledge of the rules and scoring, and have experience playing.

Course	Day, Date	Time	Cost	Location
28443	F, 9/29-11/3	1-2 p.m.	\$35/\$42	Sr. Ctr.

Note: Game room is closed during class time.

Sports – Leagues

Bocce Ball Club

This game is easy to learn and can be enjoyed at all levels. Court is located behind the Senior Center. For Senior Center members only.

Course	Day, Date	Time	Cost	Location
26970	Tu,Th, 4/4-10/26	10-11 a.m.	Free	Sr. Ctr.



4 Weeks of Wellness

Regular exercise and balanced nutrition are essential for maintaining and improving your physical, mental, emotional health. Engaging in healthy habits can have a positive impact on your well being. Learn more about these healthy tips with this four-week course with Paula Ohlandt.

Course	Day, Date	Time	Cost	Location
28879	Tu, 10/3-10/24	11 a.m.-2 p.m.	Free	Sr. Ctr.

Advocating for Yourself as the Patient

Advocating for yourself as a patient can be a difficult task. Medical information is overwhelming, and you may not know what questions to ask. This webinar will discuss what questions to ask your doctor during an appointment, and know when to visit your provider and specialists. Join manager of transition care at Suburban Hospital Margie Hackett as she discusses navigating the health-care industry as a patient.

Course	Day, Date	Time	Cost	Location
28876	Th, 10/26	1-2 p.m.	Free	Online

Balance Testing

Dr. Carlos Martinez from CAM Physical Therapy will perform complimentary falls risk assessments utilizing the Biosway portable balance system, designed to measure balance and stability, allowing healthcare professionals to develop treatment plans and prevent falls. **Call Betty at 240-314-8803 to schedule your appointment.**

Call	Day, Date	Time	Cost	Location
Betty	W, 11/15	10 a.m.-2 p.m.	Free	Sr. Ctr.

Better Breather's Club

The club meets monthly and features educational presentations on relevant topics, including how lung disease affects the lungs, breathing techniques, exercise, talking with your physician, medications and treatment options. Group shares tips and experiences. Facilitated by an American Lung Association instructor, Kerri Donnelly, director of Business Development/Community Relations/Marquis Health Services, Collin-

gwood Rehabilitation and Healthcare Center. Meets third Thursday of each month.

Course	Day, Date	Time	Cost	Location
28985	Th, 10/19, 11/16	1-2 p.m.	Free	Sr. Ctr.

Corrective Exercise to Reduce Knee Pain: A Holistic Approach

This eight-week session is a step-by-step holistic program designed to reduce knee pain in women older than 30 so they can avoid shots, drugs and surgery. Presented by Renee Moten, founder of Functional Fitness, myoskeletal certified, personal trainer and massage therapist.

Course	Day, Date	Time	Cost	Location
28798	Tu, 10/10-11/28	1-2:30 p.m.	\$25	Hybrid

Fall Risk Assessments

Are you at risk for a fall? Physical therapists from Adventist Rehabilitation and HealthCare will be here to provide information about fall risk and to assess your mobility. Exercises will be recommended and follow up with physical therapy will be discussed. **Call Betty at 240-314-8803 for an appointment.**

Course	Day, Date	Time	Cost	Location
28799	W, 11/1	1-2:30 p.m.	Free	Sr. Ctr.

The Health Benefits of Good Posture

Improving posture can reduce lower back pain, boost digestion, increase energy and avoid future health problems impacted by poor posture. Learn specific exercises to help achieve better posture. Presented by Terrie Daniels, senior fitness and wellness specialist at Brook Grove Retirement Village.

Course	Day, Date	Time	Cost	Location
28990	W, 11/8	1-2:30 p.m.	Free	Hybrid

Medicare 101

The four parts of Medicare will be discussed. Presented by Suburban/Johns Hopkins hospital.

Course	Day, Date	Time	Cost	Location
28801	Th, 10/5	1-2:30 p.m.	Free	Hybrid

Montgomery County: Emergency Preparedness and Resiliency

Sareem Streater from the Montgomery County Office of Emergency Management and Homeland Security will provide practical tips and strategies to help participants feel confident and prepared to handle unexpected emergencies.

Course	Day, Date	Time	Cost	Location
28795	W, 10/11	1-2:30 p.m.	Free	Hybrid

Stress Reduction/Meditation

Offers the tools to focus, relax and come to a more peaceful sense of being. Includes time for meditation and discussion. Instructor Betty Figlure has taught meditation, guided imagery and stress-reduction classes for over 30 years.

Course	Day, Date	Time	Cost	Location
28802	M, 10/9-12/11	1-2 p.m.	\$30/\$40	Hybrid

Total Hip and Knee Replacement

Dr. Carlos Martinez discusses what to expect before and after surgery. He will also review the anatomy of hips and knees, total knee and hip replacement, how a physical therapist can help and strategies to improve daily living.

Course	Day, Date	Time	Cost	Location
28931	W, 12/6	1-2 p.m.	Free	Hybrid



Your Hearing and Tinnitus

Statistics show that ninety percent of people with tinnitus have hearing loss. Learn what tinnitus is, what causes it and treatments. Presented by Dr. Glenn Elms and Dr. Richard Gomes, audiologists, Live Better Hearing.

Course	Day, Date	Time	Cost	Location
29324	T, 12/12	1-2 p.m.	Free	Hybrid



Rockville Villages

Be a part of the growing village movement in Rockville!

Villages are volunteer neighbor-to-neighbor support groups. Find out if there is a village developing in your neighborhood or how to get one started!

www.rockvillemd.gov/Villages
240 314-8807

Trish Evans • tevans@rockvillemd.gov

Know anyone 60+ who needs our help?

We're here as a helping hand for your older neighbors, friends or relatives.

- ✓ Food & Financial Assistance
- ✓ Counseling & Outreach
- ✓ Support
- ✓ Transportation
- ✓ Connecting with Peers
- ✓ Grocery Shopping

**CONNECT THEM
WITH US!**

- ✓ Home Maintenance
- ✓ Health, Wellness, Technology & Education



Call 240-314-8800.

Email SeniorCenter@rockvillemd.gov.

Visit www.rockvillemd.gov/397/Services.

Support Resources

Ask the Aces

Meet with professionals from local organizations: DMV Living Realtors; Cherished Hands Home Health, LLC; Right At Home; and more. This panel will provide resources and answer your questions.

Course	Day, Date	Time	Cost	Location
28882	Th, 9/21	10:30 a.m.-12 p.m.	Free	Hybrid

Caregivers Month

November is Caregivers Month! Remind yourself what you need to do for yourself as a caregiver. Meet other caregivers. Caregivers and senior family members welcome.

Course	Day, Date	Time	Cost	Location
28883	W, 11/15	10:30-11:30 a.m.	Free	Hybrid

Civilian Response to Active Shooter Events (CRASE)

The Rockville City Police Department presents a class on response to active attack events to be better prepared if the unthinkable happens.

Course	Day, Date	Time	Cost	Location
28796	Th, 10/12	1-2:30p.m.	Free	Hybrid

Decluttering 101

A virtual eight-week course for effective ways to declutter. Carrie Noel-Nosbaum, the owner of Carrie It Away, will instruct. The course builds a support network for participants to reach their goals.

Course	Day, Date	Time	Cost	Location
28896	F, 9/1-10/20	11 a.m.-12 p.m.	Free	Hybrid

Digital Storytelling — Senior Planet

Do you have a good story to tell? Discover digital tools to bring out your creativity. You'll explore ways to use social media, such as Instagram, Facebook and Twitter, to write and share stories. Learn about popular platforms like Enwoven and StoryCorps. Sign up and receive an email.

Course	Day, Date	Time	Cost	Location
28906	TBD	TBD	Free	Online

Funeral Planning in Advance

How your friends and family say goodbye to you is determined by the type of event you choose. You can plan for a formal affair with a long list of speakers, a more casual event with only your closest friends and family present, or anything in between.

Course	Day, Date	Time	Cost	Location
28898	W, 12/6	10-11:30 a.m.	Free	Hybrid

La inscripción abierta Open Enrollment

Inscripción abierta es su oportunidad para hacer cambios a su cobertura de Medicare. Ud. puede cambiar a Medicare Advantage o cambiar la cobertura de su plan de Parte D (Medicina). Aprenda sus opciones con el Programa Estatal de Asistencia de Seguro de Salud del Condado de Montgomery.

Course	Day, Date	Time	Cost	Location
28895	Th, 9/28	12-1 p.m.	Free	Hybrid

Medicare Open Enrollment Seminar

Enrollment allows you to make changes to your Medicare coverage. Join or switch to a different Medicare Advantage or Medicare Part D plan during open enrollment. Learn about your options with the Montgomery County State Health Insurance Assistance Program.

Course	Day, Date	Time	Cost	Location
28894	Th, 9/28	10-11 a.m.	Free	Hybrid

Memory Cafe

Alzheimer's Association Memory Cafes offer a fun and relaxed way for people living with early-stage memory loss to get connected with one another through social events that promote interaction and companionship. Meets every Monday. Bring a bag lunch and meet people. Must contact representative Sheila Griffith at 240-844-3608 or sagriffith@alz.org prior to attending.

Course	Day, Date	Time	Cost	Location
28900	M, 10/2-12/18	12-1:30 p.m.	Free	Sr. Ctr.

Memory Screening

A simple and safe evaluation tool that checks memory and thinking skills. It can indicate whether an additional check up is needed. Third Mondays of the month. Call 240-314-8810 to make a 20-minute appointment.

Positive Aging Program

Take this unique opportunity to meet with fellow seniors and chat about the day, current events or whatever you like. Make new friends and learn something new.

Brain Games

This ongoing group aims to help participants exercise their brains to improve mental functioning while enjoying the company of peers. Join the fun in various games and puzzles. Facilitator will quiz you on various noncontroversial items in the news (no politics!) and miscellaneous trivia from history, literature, science, etc. Be prepared to laugh! Meets second and fourth Tuesday of each month.

Course	Day, Date	Time	Cost	Location
28809	Tu, 10/10-12/12	1-2:30 p.m.	Free	Online

The Experience of Aging

Do you ever wonder how you could age better? Provides advice on how to do so based on the book, "Getting Real About Getting Older: Conversations About Aging Better" by Dr. Linda K. Stroh and Dr. Karen K. Brees. The experience of aging, its challenges, joys and concerns with input from over 1,000 older people will be presented. Gain wisdom and insight from other seniors and see that you are not alone. Meets first and third Tuesday of each month.

Course	Day, Date	Time	Cost	Location
28813	Tu, 10/3-12/19	1-2:30 p.m.	Free	Online

Positive Aging Alone

For seniors who live alone, feel lonely or who anticipate being alone. An opportunity for socializing, helping others and learning tips for positive senior living. The joys and challenges of living/being alone are the main topics discussed, but other topics of interest may be requested. Bring your

Continued on page 29...

Resource Refresher

- Information and resource referrals
- Customized individual assistance
- Home visits from staff
- Emergency financial assistance
- Financial assistance for center memberships & classes
- Health education
- Immunizations
- Blood pressure screenings
- Body composition screenings
- State durable medical equipment
- Wellness counseling
- Individual counseling and support groups
- Bus service to the Rockville Senior Center
- Bus service to shopping
- Subsidized taxi coupons
- Home evaluations on repair and safety needs
- Help determining the appropriate service provider to call
- An up-to-date list of area contractors
- Snow removal
- Care management
- Daily lunch at noon
- Chinese lunch
- Computer and technology
- ESOL (English for Speakers of Other Languages)
- Language classes
- Free notary services. Call to make appointment
- Emergency Assistance Program (REAP)

Call 240-314-8810 for information

Senior Transportation

Are you 60-plus, live in the city limits of Rockville and need a ride to the senior center or grocery store?

Monday to Friday:

Pick up: Approx. 9 a.m. and approx. 11 a.m.

Take home times: 1 p.m. and 3 p.m.

Bus is for City of Rockville residents aged 60 and older. Reservations are required. Please see or call the transportation office for a reservation: 240-314-8810. Please call before 2 p.m. the day before and Friday for a Monday pickup.

Daily Lunch

Lunches are available at noon, Monday-Friday. Participants contribute as much as they are able toward the cost of the meal (\$7.99). Reservations required 48 hours in advance: 240-314-8810.

Questions?

Call 240-314-8800 or email seniorcenter@rockvillemd.gov

Benefits of Senior Center Membership Include:

- Discounts on senior programs
- Discounts on rentals
- DVD rentals
- Eligibility to join the fitness center and senior garden plots
- Early class registration
- Drop-in programs

Rockville Emergency Assistance Program (REAP)

Emergency assistance is available for eligible City of Rockville seniors, 60 and older, experiencing a financial crisis, such as eviction or utility shut-off, or who need prescription medication. Referrals for emergency food, clothing, financial counseling, housing assistance and foreclosure counseling are also provided. Contact: **Mariella Correal; 240-314-8816, or Andrea Rogers; 240-314-8817.**



Sing your Encore with us this fall!

The Encore Chorale of Rockville

is a non-auditioned ensemble for adults 55 and older. No experience needed - just a love for singing!

- ✓ 22.5 hours of rehearsal time
- ✓ End-of-semester concert
- ✓ Sheet music and CD included
- 🕒 Mon., 6 - 7:30 PM
- 💰 \$190 (scholarships available)

Join our inaugural rehearsal season at the Rockville Senior Center starting early September!



Scan the QR code to the left, or go to <https://encorecreativity.org/joinrockville> to register today!

Tel: (301) 261-5747 | Web: encorecreativity.org

Continued from page 27...

ideas for discussion and get to know each other! Meets first and third Thursday of each month.

Course	Day, Date	Time	Cost	Location
28810	Th, 10/5-12/21	1-2:30 p.m.	Free	Online

Managing Stress

Weekly support to counter isolation, anxiety, depression and loss originally brought on by the COVID-19 pandemic. Participants bring their concerns to the group and learn coping skills from the facilitator and each other. Each session begins with a brief meditation. Meets on Fridays.

Course	Day, Date	Time	Cost	Location
28812	F, 10/6-12/22	11 a.m.-12 p.m.	Free	Online

SAD and Treatments

Many people go through short periods of time where they feel sad or not like their usual selves. Sometimes, these mood changes begin and end when the seasons change. Many suffer from Seasonal Affective Disorder. Treatments will be shared with the group.

Course	Day, Date	Time	Cost	Location
28901	Tu, 10/31	11 a.m.-12 p.m.	Free	Online

Save a Life — Narcan Training

The training provides information on common opioids, instructions on how to recognize an overdose and how to administer Naloxone properly.

Course	Day, Date	Time	Cost	Location
28897	Tu, 10/3	12-1:30 p.m.	Free	Sr. Ctr.

Senior Tax Credits

If you have questions about upcoming senior tax credits for Maryland state tax reduction, the deadline is coming up.

Course	Day, Date	Time	Cost	Location
28903	Tu, 9/5	10-11 a.m.	Free	Hybrid

Treasure Hunt

Curiosity Consigners will provide an overview of their resources. For those who only need certain items in a home removed and not an entire clean out, they offer the "Treasure Hunt." Learn how they can help you and your downsizing needs.

Course	Day, Date	Time	Cost	Location
28987	W, 11/15	1-2 p.m.	Free	Hybrid

Understanding Social Isolation Series

Discussion Group #1

Combat social isolation — together. This seasonal series, in collaboration with Senior Citizens Commission, provides education and builds tools to help improve seniors' quality of life.

Course	Day, Date	Time	Cost	Location
28880	Th, 9/21	1-2 p.m.	Free	Hybrid

Discussion Group #2

Combat social isolation — together. This seasonal series, in collaboration with Senior Citizens Commission, provides education and builds tools to help improve seniors' quality of life.

Course	Day, Date	Time	Cost	Location
28881	Th, 10/19	1-2 p.m.	Free	Sr. Ctr.

What's What Wednesday?

Engage in monthly conversation with staff or local organizations. Sign up to receive an email about the monthly topic. Meets third Wednesdays of the month.

Course	Day, Date	Time	Cost	Location
28899	W, 10/18, 12/20	10-11 a.m.	Free	Sr. Ctr.

Winter — Home Comfort Tips

As temperatures outside start to drop, it is time to think about ways to keep our homes comfortable this winter. DEP residential energy program manager will walk you through the top five things you can do this winter to help lower your utility costs and keep money in your pocket.

Course	Day, Date	Time	Cost	Location
28905	W, 11/8	10-11 a.m.	Free	Hybrid

General Information

Registration Begins:

- Member registration begins Tuesday, Aug. 8
- Nonmember registration begins Thursday, Aug. 10.

Registration Deadlines:

- The registration deadline for all activities is two weeks prior to the start of the class unless otherwise noted.
- Programs may be canceled if registration is insufficient. If a program is canceled, we will contact you. You may then select an alternate program, request a credit or a refund.
- Late registrations will be accepted if space is available.

Registration Form and Payment:

- Complete the registration form. You may combine recreation activity fees in one check, made payable to the City of Rockville. Note: \$35 returned check charge.
- Visa and MasterCard also are accepted for payment.

Credits and Refunds:

- If staff cancels a class, refunds will automatically be issued. Cash and checks under the amount of \$15 for programs will be put onto the patrons account as a credit if classes are cancelled. *Refunds requested after 120 days will be refunded by check only.*
- Our programs require advanced planning and purchase of supplies to provide a quality experience, therefore requests for a refund or credit must be submitted in writing to the program supervisor at least seven days in advance of the start of the program. Less than seven days prior to the start of a program, requests for a refund or credit will be considered if accompanied by proper medical or other requested documentation. Proration and administrative fees apply.
- Senior Center memberships are refundable on a prorated basis with proper medical or other requested documentation.
- The following administrative fees are charged for issuing a refund or credit: Adults 60+ programs \$15; swim \$15.

Transfers:

- Requests are subject to availability. Requests must be in writing. Registrations cannot be transferred from one registrant to another due to wait lists.

Memberships:

- Senior Center Memberships are refundable on a prorated basis with proper medical or other requested information.

Most convenient method. 7 days a week.

1. Online:

www.rockvillemd.gov/recreation

2. Fax to:

Rockville Senior Center: 240-314-8809

3. Mail to:

Rockville Senior Center
1150 Carnation Drive, MD 20850

4. Walk-In:

Senior Center walk-in hours are Monday-Friday 8:30 a.m.-5 p.m. Rockville City Hall and community centers accept walk-in registrations. Call for operating hours to avoid unnecessary trips. Membership can only be processed in person at the Rockville Senior Center.

Program Assistance Fund

The program helps Rockville residents 60-plus needing assistance paying for membership, classes and trips. Please call 240-314-8810 for additional questions. Photo ID and/or verification document, income documents are required and guidelines must be followed.

If you would like to contribute a tax deductible donation, you may send a check, "add up" on your registration form or donate online at www.rockvillemd.gov/registration.

Online Donation

\$10

\$25

\$50

\$75

\$100

Course #s

#2239

#2240

#2241

#2242

#2243

Donations by check may be made out in any amount.

Mail to: Rockville Senior Center
1150 Carnation Drive, Rockville, MD 20850

Satisfaction Guarantee

The Department of Recreation and Parks is committed to providing quality programs and facilities. If you are unhappy with a program, we want to know! We will suggest another program, or if you prefer, we will give you a credit. That's our Customer Satisfaction Guarantee to you.

*Required Info / Info Requerida

☐ Check here if this is a new address, phone number or email address.
Please print. This form may be copied.

Registration Form / Formulario de inscripción

☐ Marque aquí si esta es una dirección nueva, teléfono o dirección de correo electrónico. Por favor imprima. Este formulario puede ser reproducido.

Contact Information / Información del contacto

Last Name / Apellido*		First Name / Nombre*		Birthday / Fecha de nacimiento (mm/dd/yy)*		Email*	
Address / Dirección*		City / Ciudad*		State / Estado*		Zip / Código postal*	
Home Phone / Teléfono de Casa*		Work Phone / Teléfono de Trabajo		Cell Phone / Celular			

Emergency Contact / Contacto de Emergencia

Name / Nombre*		Relationship / Relación*	
		Phone / Teléfono*	

Participant's Name (Last, First) Apellido y Nombre del Participante	Activity Name Nombre de la Actividad	Course # Número	Fees* Costo*

Rec Fund / Fondo de rec.: \$	Sr. Ctr. Mem. / Centro de Ancianos: \$	Multi-Course Discount / Descuento por asistencia a varios cursos: _____
\$ _____ \$10	\$25	\$50
Other \$	Contribution to Recreation Fund Youth Scholarship / Contribución adicional al Fondo de recreación: \$ _____	

Processed by:	Date Processed:	Total Paid: \$	Total Amount Due: Cantidad Total:

Program Modifications: Participants with disabilities should contact our office prior to activity.

Payment / Pago

Name on Card / Nombre en la tarjeta		Credit Card Number / Número en la Tarjeta de Crédito	Security Code / Código de Seguridad
		Expiration Date / Fecha de Expiración	

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Payer Address (If different than above) / Dirección del Pagador (si es diferente que la de arriba)

<input type="checkbox"/> Visa <input type="checkbox"/> Mastercard <input type="checkbox"/> Cash <input type="checkbox"/> Check # _____		City / Ciudad	State / Estado
		Zip / Código Postal	

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Cardholder Signature / Firma del Dueño de la Tarjeta

Release, Waiver, Assumption of Risk and Consent / Descargo y exención de responsabilidad, asunción de riesgos y consentimiento

The Department will act in compliance with the Americans with Disabilities Act ("ADA"). Participation in the program may be a hazardous activity, and some programs may require strenuous physical activity. Participant can participate in the program if participant is physically and medically able. All participants must be able to pass a medical clearance if necessary for the chosen activity. Participant (or parent or guardian on behalf of a minor child participant) assumes all risks associated with participation in this program, including but not limited to, those generally associated with this type of program, the hazards of: traveling on public roads, accidents, illness, and the forces of nature. In consideration of the right to participate in the program and in further consideration of the arrangement made for the participant by the Mayor and Council of Rockville through its Department of Recreation and Parks for food, travel, and recreation, the participant, his or her heirs, and executors, or a parent or guardian on behalf of a minor child participant, agrees to release and indemnify the Mayor and Council of the City of Rockville and all of its agents, officers, and employees, from any and all claims for injuries or loss of any person or property which may arise out of or result from participation in the program. The participant and the parent or guardian, on behalf of a minor child participant, grant permission for two separate actions: (1) the City's use of images, likeness, voice, etc. that include the participant for the purpose of promotions and (2) emergency medical treatment administered by a doctor or emergency medical technician. By providing your email address you are agreeing to sign up for the Rockville & Recreation and Parks mailing list to receive email updates about our programs. All information collected will be used in accordance with the City of Rockville privacy policy. You may withdraw your consent at any time. By my participation in a City of Rockville, Department of Recreation and Parks program and/or entering a facility, I agree to follow all posted and/or published rules and staff member's instructions. Violation may result in removal from the program and/or suspension from the facility.

El Departamento actuará de conformidad con la Ley de Estadounidenses con Discapacidades (ADA). La participación en el programa puede ser una actividad peligrosa y algunos programas pueden requerir actividad física extenuante. El participante puede participar en el programa si el participante es física y médicamente capaz. Todos los participantes deben poder pasar una autorización médica si es necesario para la actividad elegida. El participante (o el padre o tutor en nombre de un niño participante menor) asume todos los riesgos asociados con la participación en este programa, incluidos, entre otros, los asociados generalmente con este tipo de programa, los peligros de: viajar en vías públicas, accidentes, enfermedades y las fuerzas de la naturaleza. En consideración del derecho a participar en el programa y en consideración adicional del arreglo hecho para el participante por el Alcalde y el Concejo de Rockville a través de su Departamento de Recreación y Parques para alimentos, viajes y recreación, el participante, sus herederos, y albaceas, o un padre o tutor en nombre de un niño participante menor de edad, acuerda liberar e indemnizar al Alcalde y al Concejo de la Ciudad de Rockville y a todos sus agentes, funcionarios y empleados, de todos y cada uno de los reclamos por lesiones o pérdida de cualquier persona o propiedad que pueda surgir o resultar de la participación en el programa. El participante y el padre o tutor, en nombre de un niño menor participante, otorgan permiso para dos acciones separadas: (1) el uso por parte de la Ciudad de imágenes, semejanzas, voz, etc. que incluyan al participante con fines de promoción y (2) tratamiento médico de emergencia administrado por un médico o un técnico de emergencias médicas. Al proporcionar su dirección de correo electrónico, acepta suscribirse a la lista de correo de Rockville & Recreation and Parks para recibir actualizaciones por correo electrónico sobre nuestros programas. Toda la información recopilada se utilizará de acuerdo con la política de privacidad de la Ciudad de Rockville. Puede retirar su consentimiento en cualquier momento. Al participar en un programa del Departamento de Recreación y Parques de la Ciudad de Rockville y/o ingresar a una instalación, acepto seguir todas las reglas publicadas y/o publicadas y las instrucciones del miembro del personal. La violación puede resultar en la eliminación del programa y/o suspensión de la instalación.

* Signature of Participant/Guardian / Firma del participante/tutor _____

Senior Center Happenings:

Intergenerational Fall Festival • Saturday, Sept. 23, 11 a.m.-1 p.m.

Harvest the happiness of fall with games, music, crafts, educational fun and refreshments. COVID-19 vaccines and flu shots will be available.

Course #28992 • Cost: Free entry • Senior Center

Hispanic Annual Festival • Tuesday, Sept. 26, 11 a.m.-1 p.m.

Lunch will be served with entertainment.

Course #26647 • Cost: \$15 M/\$22 NM • Senior Center

Oktoberfest Wine and Cheese • Tuesday, Oct. 3, 4:30-6 p.m.

Celebrate Oktober with light refreshments, beverages and music by Prost! Rockville German Band

Course #28988 • Cost: \$3/\$5 • Senior Center

Fitness workshop — Yin Yoga • Friday, Oct. 20, 1-2:15 p.m.

See page 16 for more info.

Course #28445 • Cost: \$15 • Senior Center

Rockville Seniors, Inc. Holiday Bazaar • Saturday, Dec. 2, 9 a.m.-2 p.m.

Handmade crafts, book sale, raffle, bake sale, plant sale, gift and thrift shop. Lunch available for purchase.

Call 240-314-8800 for vendor information.

Senior Center